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TO:
Committee on Human Services and Homelessness
Rep. Joy A. San Buenaventura, Chair
Rep. Nadine K. Nakamura, Vice Chair

FROM: HAWAII FOOD INDUSTRY ASSOCIATION
Lauren Zirbel, Executive Director

DATE: March 22, 2019
TIME: 8:30am
PLACE: Conference Room 329

RE: HCR 216 Designating September 2019 as Family Meals Month

Position: Support

The Hawaii Food Industry Association is comprised of two hundred member companies representing retailers, suppliers, producers, and distributors of food and beverage related products in the State of Hawaii.

September is National Family Meals Month, by declaring September 2019 as Family Meals Month in Hawaii we can participate in this important movement and create a statewide initiative that celebrates family meals and reminds Hawaii residents why they're so important.

Family Meals have a wide range of benefits, especially for children. Research has found that frequent Family Meals can promote higher self-esteem, greater resilience, better academic performance, and lower instances of substance abuse. Family Meals are also a great opportunity for families to learn about healthy eating and healthy cooking together.

By officially declaring September as Family Meals Month in Hawaii we are creating an important tool that the state government, educators, community organizations, and businesses can all use together to promote Family Meals and their benefits. At HFIA we pride ourselves on feeding Hawaii, and we believe that every meal can be an opportunity to bring our ohana together for good. We hope you'll join us in celebrating and encouraging Family Meals by passing this resolution and Declaring September as Family Meals Month in Hawaii. We thank you for the opportunity to testify.